



California Department of Aging

StayWell by Controlling Your Blood Pressure

Keep a Healthy Heart!

Heart disease, often called hypertension, is this country's number one killer of both men and women. High blood pressure increases your risk for heart disease and stroke. High blood pressure does not cause symptoms; you can have high blood pressure and still feel just fine.

What Increases the Risk for High Blood Pressure?

- Smoking
- Drinking alcohol
- Inactivity
- High fat diet
- Being overweight
- Low calcium diet
- Stress

Tips to Prevent High Blood Pressure Complications

- Exercise regularly
- Achieve and maintain a healthy weight
- Avoid alcohol
- Quit smoking
- Visit your doctor regularly
- Have your blood pressure checked often

Lower Your Blood Pressure by Eating Good Food

- Fruit, vegetables, fish, and grains
- Milk products
- Fresh herbs and garlic
- Seasonings without salt
- Leafy green vegetables
- Food high in calcium, such as milk, yogurt, and leafy greens

The above information provided by the American Dietetic Association.
The StayWell Program is sponsored by the California Department of Aging.
For senior services and programs available in your local area call 1-800 510-2020, TTY 1-800-735-2929.

This publication can be made available in alternative formats such as Braille, large print, computer disk, and tape cassette. Requests should be made to: CDA External Affairs Office at (916) 322-3887
TTY 1-800-735-2929, 1600 K Street Sacramento, CA 95814.

